



# Wethersfield Senior Center News

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## JANUARY, 2017

### Friday Feature: Chinese New Year!

On **Fri, January 27 at 10am**, the Senior Center will celebrate the Chinese New Year! Come celebrate the year of the rooster with us as we witness an amazing, authentic Chinese dancer perform ribbon and fan dances. This is a beautiful performance by Dream Performing Arts. The dancer will be accompanied by a Grammy award nominee who sings opera and Broadway songs in Chinese and English and is a professor of music at nearby Trinity College! Snacks will be served and this presentation is free.



### Knowledge & Nibbles

On **Tue, January 17 at 10a**, the Senior Center welcomes Ann Marie Allen. Ann Marie is a social worker from Ellis Manor in Hartford. She has worked in skilled nursing facilities for sixteen years and will talk to us about what to expect if you ever have to be admitted for a short-term nursing home stay for rehabilitation. This program is free. Snacks will be served. Call Lisa to register at 860-721-2979 by Fri, 1/13.

### \$3 Haircuts Return

Those talented students from the International Institute of Cosmetology return to the Senior Center on **Fri, January 27** to offer haircuts at the bargain price of \$3. All students work under the supervision of an instructor. You must call Lisa at 860-721-2979 for an appointment.



### Cooking with Star

Our cooking classes continue this month and we'll be flexing our culinary muscles! In past months we've limited ourselves to soup making, but this month we'll try our hands at some simple but delicious meals! On **Tue, Jan 17 at 11am** we'll make Cheesy Chicken Bake and Confetti Coleslaw. And on **Tue, Jan 24 at 11am** it's "Nothing But Chocolate" day... think dessert and bring your sweet tooth! So come flex your culinary muscles with us! Fee: \$12, due to Lisa one week prior to each class.



### Holiday Closures

The Senior Center will be closed on **Monday, January 2** for New Years & **Monday, January 16** for Martin Luther King Day.



## **Winter Classes Begin!**

They're back... your favorite classes begin again this month for our Winter & Spring sessions! Registration for classes begins January 4th. Here's a run down of what's being offered.

**NEW—Dance Around the World with Gia!**—Tuesdays, 1/24 through 3/7. 1:30-2:30pm. Fee: \$14 & Tuesdays, 4/4 through 5/30. 1:30-2:30pm. Fee: \$18

If you like dancing and fun music, this is the class for you! The class will consist of simple dance moves to popular tunes from around the globe including home-grown favorites like Rock'n Roll, Pop and Country Western. The dances are loosely choreographed and spontaneous and can be followed without memorizing steps! Each class will be similar, yet different, moderately paced and a great work out!

**NEW—The Many Ways of Mindfulness Workshop**—Wednesdays, 3/8-29. 1:30-2:30p. Fee: \$10

In the fast pace of life these days, we all need to learn to relax, center ourselves, and become mindful. But one size doesn't fit all. There are many techniques we can practice that lead to mindfulness including meditation. This 4-session class will explore the different meanings and uses of mindfulness and we'll practice various ways to attain it. It's easy and anyone can do it! Come join Gia as she guides us to become our better, mindful selves!

**Art & Mindfulness**—Thursdays, 1/26 through 5/11. 9:30-10:45am. Fee: \$32

Come foster your artistic side while having fun learning art basics. You'll also enjoy emotional and spiritual growth by simultaneously exploring the facets of mindfulness. Participants will be encouraged to "break the rules" as their creativity and artistic expression soars. Art basics include drawing techniques using wet & dry mediums, design element & principles, and subject matters such as portraits. All levels of ability welcome.

**The Artist's Journey**—Wednesdays, 1/25 through 5/10. 10-11:30am. Fee: 32

Explore your interests and abilities by making a series of art pieces using different media including drawing, painting and sculpture. Explore what makes each artist's work unique and build on skills. The class will utilize different media in 2-3 week segments. Participants will have the option to continue in the media of their choice. All levels of ability welcome.

**Belly Dance Practice**—Thursdays, 1/5 through 3/30. 12:30-1:30pm.

Come learn this artful and graceful dance form native to the Middle East. This low impact, weight bearing exercise is fun and helps firm and tone muscles. The music is entrancing and will spark your creativity!

**Chair Yoga**—Mondays, 1/23 through 5/8. 11:30am-12:30pm. Fee: \$30 &

Thursdays, 1/26 through 5/11. 2-3pm. Fee: \$32

Register for both Monday and Thursday classes for \$60

Learn yoga basics using a program that adapts easily to any fitness level. All movements are done seated and will work your core and extremities. Benefits include increased flexibility, strength and relaxation.

**Painting with Faye**—Tuesdays, 1/24 through 5/9. 10-11:30am. Fee: 32

In this free-flowing class/artist group, artist Faye Ahlberg provides individual instruction and guidance for your burgeoning self-expression in multiple mediums. Beginners and experienced painters welcome.

**T'ai Chi Qigong**—Thursdays, 1/26 through 5/11. 11a-12p. Fee: \$32

Class includes movements from T'ai Chi Chuan along with the ancient healing system Qigong. Research indicates that T'ai Chi eases pain, improves balance and reduces blood pressure and cholesterol. A study by the American Geriatric Society showed that after taking T'ai Chi class for one month, seniors were 50% less likely to fall. Mindfulness, meditation and acupressure are all incorporated.

NOTE—**Good Life Functional Fitness** begins again in March!

## **Computer Learning Center Schedule**

The Computer Learning Center is here to empower you for the computer age! We'll begin new classes in February. You can register for classes on-line or in person with Lisa or in the Parks & Recreation office.



- **iPad Beginner**—Did you recently receive an iPad and aren't sure how to begin using it? This four-session course will help you start using your iPad with iOS10. Topics to be covered include basic iPad operations, email and surfing the web. Text included. **2/13, 15, 17 & 22, 12:30-2:30p.** Fee: \$40
- **Facebook Workshop**—Wishing you were on Facebook but not sure how to get there? Come see what your family and friends are up to. Bring your cell phone, tablet or laptop with the Facebook App and learn about Facebook. **Tue, 2/28, 12:30-2:30p.** Fee: \$10.
- **iPad: Notes, Pages & Word Apps**—Want to get more out of your iPad? Come learn about the built-in Notes App. Create folders for organization, convenience and fun! We'll also demonstrate the Pages and Word Apps (paid apps) and how to create and edit documents. **Wed, 3/1, 12:30-2:30p.** Fee \$10

## **Tech Gadget Assistance Continues!**

Our high school senior volunteer, Bilal Nizami continues to provide one-to-one assistance during lab times on **Tuesdays & Thursdays from 4-5pm** this month. Bilal can help you with Windows 10, Apple and Android tablets & smartphones, digital cameras and other high tech devices. He's been using computers since he was 3-years old, so like many young people, he's grown up with this technology! Be sure to take advantage of his invaluable assistance which is available by appointment only. Call Lisa at 860-721-2979 for appointments!

## **Don't Forget...**

**Senior Center Membership**—If you didn't renew your membership yet, now's the time to re-up! Check your membership card expiration date and if it expired in 2016, come on in to renew today! Registration for Wethersfield residents remains \$5 and \$7 for non-residents.

**Energy Assistance**—The Energy Assistance program continues this month to provide assistance for heating expenses incurred in the 2016/2017 heating season. To be eligible, a household's gross annual income must fall below \$33,132 for a family of 1, \$43,326 for a family of 2, and \$53,521 for a family of 3. Renters may have \$12,000 or less in liquid assets and homeowners may have \$15,000 or less. Energy application outreach dates are as follows:

—Fuller Housing (31 Butler Street)—Tue, 1/10, 9a-12N

Wethersfield residents should call 860-721-2977 for information about what documents are required to apply and for appointments.

**Weather Cancellations**—In the event of inclement weather, cancellations for the Senior Center are posted on the WFSB-TV Channel 3 First Alert system. Please review this information carefully as the Center may close for the day or just for the morning or afternoon. In most instances, Senior Center activities will be cancelled if Wethersfield schools are closed. If there is a delayed opening, the Center will open at 10am. If there is an early dismissal, afternoon programs will be cancelled. Please be aware that cancellations of the Community Café are posted separately on WFSB.



## **On-Going Senior Center Activities**



- ⇒ **Bingo** meets every Wednesday in the Banquet Room. Arrive 10:30-11:45a to get your cards! Bingo officers: Agnes Bolasevich-President; Carol Tedone-Vice President; Rose Hall-Secretary; Marie Cerbo-Treasurer.
- ⇒ **Informal Card Group** holds weekly games each Tuesday at 1:15pm. Call if you're interested in starting a particular game!
- ⇒ **Mah Jongg** continues on Tuesdays & Thursdays at 10am. Looking for new players! Teacher available for beginners.
- ⇒ **Free Mini Manicures**—offered by Newington Health Care on **Wed, January 18, 10a-12N**. Manicures include filing, buffing & polishing. Call Lisa at 860-721-2979 for an appointment.
- ⇒ **Needlework Crafts** meets Mondays, 9:30-11:30a in Rm S2. The group knits & does needlework for a bingo fundraiser. Contact Pam Silva at 860-721-6267 for more information.
- ⇒ **Red Onion Senior Quilters** —meetings are on the third Monday of each month. The next meeting is on **Mon, January 23** at 10a.
- ⇒ **The Rhythmairs Choral Group** practices on the 2nd & 4th Thursdays of each month at 1:30pm. The group sings at local nursing homes & assisted livings upon request.
- ⇒ **Setback**— Meets Fridays, 12N, in the Banquet Room. Join our friendly group! Everyone's welcome including singles & partners, beginners & experienced players. Come early at 11:30a for free coffee/tea and pastry. Contact Joe or Claire Mehan at 258-0662 for more info.
- ⇒ **Wii Bowling** meets on Tuesdays and Thursdays at 1pm.
- ⇒ **The Community Café** serves lunch Mon-Fri at 12N to persons 60 years or older and their spouses or caregivers. The suggested donation is \$2.50 for seniors and \$5 for caregivers. To reserve your lunch, call 860-721-2955 one day in advance between 10am and 12N.

### **Monday Afternoon at the Movies!**

Free movies continue on Mondays at 1pm. No registration is required. Movies are subject to change depending upon availability. Showing in January:

**January 9—A Good Year.** Starring Russell Crowe. In this funny and cinematically beautiful film, an English businessman reluctantly visits Provence, France after inheriting a vineyard from his late uncle. His troubles begin when he meets a beautiful French woman and an American who claims to be his long-lost cousin. PG-13, 114min.

**January 23—Mr. Church.** Starring Eddie Murphy. Hired to lend a hand to a single mother diagnosed with cancer, Henry Joseph Church wins the heart of mom, Marie Brody and daughter Charlie through his cooking, establishing a bond that lasts long beyond Marie's death and Charlie's childhood. A truly heart warming film. PG-13, 104min.

**January 30—Sully.** Starring Tom Hanks. Viewers around the world were astonished in 2009 when airline pilot Chesley Sullenberger safely landed an Airbus 320 on the Hudson River after both engines were disabled. This fact-based drama illuminates Sullenberger's life and heroic achievement. PG-13, 96min.



### **Senior Center Health Programs**

**Free Blood Pressures**— **Wed, Jan 11** from 10:30-11:30a. Ellis Manor provides this service on the 2nd Wed of each month in the Banquet Rm. And on **Thur, Jan 26**, 12:30-1:30p outside the Senior Ctr office, Cedar Mountain Commons provides BPtesting on the 4th Thur of each month.

**Free Blood Sugar Testing**— **Fri, Jan 13** in the Banquet Room from 11a-12N. Apple Rehab of Rocky Hill provides this service on the 2nd Friday of each month.

**Foot Care Clinics**—**Fri, Jan 6 & Tue, Jan 24**—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 721-2979 for an appointment.

**Wethersfield Stroke Club**—A support group for stroke survivors & their families meets on the 2nd Tuesday of each month from 2-4pm in the Fireside Room. Contact Joan Haines at 860-529-2281 for more information or go to [www.strokesupport-ct.org](http://www.strokesupport-ct.org).

#### **Watch Your February Newsletter for...**

- **Musical Entertainment**—on **Mon, 2/6 at 1p**, we'll enjoy a soulful performance by a local talent, Mr. Walter Martin. He's been here before and the crowd loved him!
- **Lunch & Learn** on **Tue, 2/21 at 12N** come attend the Senior Center's first-ever travelogue! Wethersfield resident and world traveler Donna Brown will talk about and show pics from her latest trip to Egypt.
- **AARP Tax Aid** —Mark your calendar... free tax assistance begins **Wed, 2/1**.